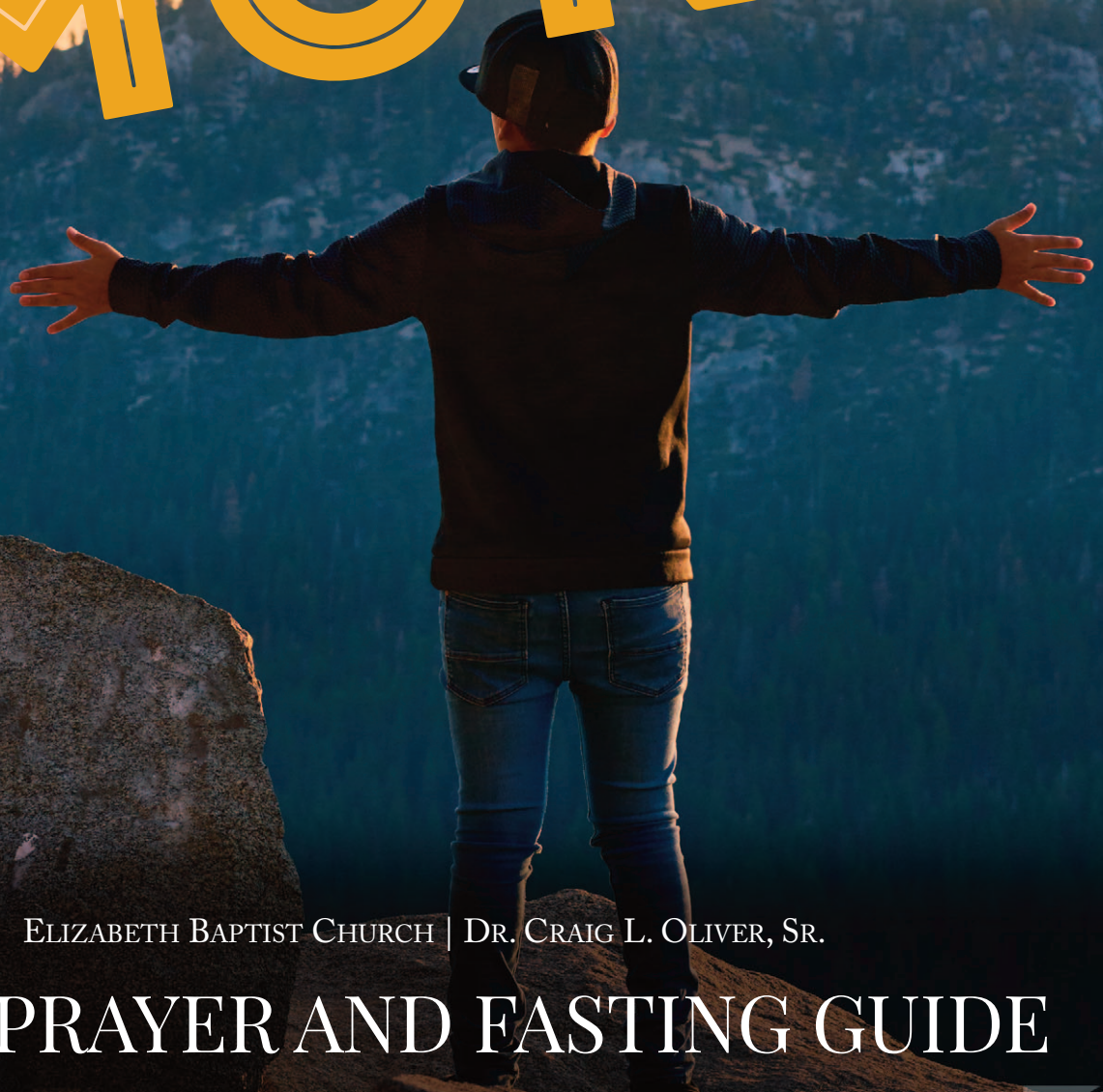


MADDE FOR MORE



ELIZABETH BAPTIST CHURCH | DR. CRAIG L. OLIVER, SR.

2020 PRAYER AND FASTING GUIDE

FEBRUARY 26TH - APRIL 12TH



“Consecrate a fast, Proclaim a solemn assembly; Gather the elders And all the inhabitants of the land To the house of the Lord your God, And cry out to the Lord.” – Joel 1:14

Most of us initiate prayers with OUR goals in mind...hear and receive what WE want. Thus we limit the blessings far beyond our imaginations because we refuse to let God reign over our vessels. The message from God that appears the smallest to you, may indeed become much bigger than you can presently understand.

THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD’S DIRECTIONS FOR OUR LIVES!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer IS our relationship with God.

No prayer = no relationship with God More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

WHY SHOULD WE PRAY?

- We pray because we love God.
- We pray to worship God for who He is.
- We pray to say thanks to our Father.
 - We pray to God to praise Him.
 - We pray to petition God.
 - We pray to confess our sins.
 - We pray to intercede for others.
- We pray against the enemies of God.
 - We pray to listen to God.
 - We pray to resist temptation.
- We pray because He directs us to pray.

Why Should I Fast?

Fasting and Prayer combined can bring about a transformational revival in you, the nation, the world... it can be a very powerful tool in seeking God.

The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honor.

What is a fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

Types of Fasts

The best way to choose the appropriate fast is to follow the leading of the Holy Spirit. Pray purposefully in identifying God’s purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

Lent Fast – give up any food items (ex. bread, sweets, fried foods, snack foods, etc.) for the 40 days of Lent.

Partial Fast – abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

Daniel Fast - abstains from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables

No Food Fast - abstains from all food, including milk (protein) and only drinks liquids and water

Water Only Fast - abstains from everything except water

Absolute/Supernatural Fast – This fast involves abstaining from any food or liquids, including water (the fast of Moses and Jesus)

*It is important to focus on God, rather than food.
The spiritual focus and growth will replace the normal
presence of food during the fast.*

*It is EBC’s Prayer that the Lord’s most wonderful love
and blessings will be poured out on you as you
take this exciting step of faith.*

*“Call to Me and I will answer you,
and I will tell you great and mighty
things, which you do not know.”
– Jeremiah 33:3 (NASB)*

The Model Prayer

*“Our Father Who art in heaven,
hallowed be Your name”*

*–The prayer principles of adoration
(praise for who God is) and thanksgiving
(praise for what He has done).*

*“Your kingdom come; Your will be done
on earth as it is in heaven”*

*–The principle of affirmation, that is, agreeing
with God’s will and submitting to it.*

“Give us this day our daily bread”

*–The principle of supplication, in which we
make requests both for ourselves
(petition) and for others (intercession).*

*“And forgive us our debts as we also have
forgiven our debtors”*

*–The principle of confession in view of our
need for forgiveness of sins.*

*“And lead us not into temptation, but deliver
us from the evil one”*

*–The necessity of renewal as we face the
temptations of the world, the flesh,
and the devil.*

*“For Yours is the kingdom and the power and
the glory forever”*

*–A closing prayer that honors the Lord
and completes our thoughts.*

**Pray daily for our Pastor, Dr. Craig
L. Oliver, Sr. and first family.**

**VISIT ELIZABETHBAPTIST.ORG TO SIGN-UP FOR
DAILY DEVOTIONALS DURING THE FAST.**

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. Therefore, you should choose the type of fast you will participate in. You may choose to fast the entire time or you may choose to fast three or four days a week. This is your personal decision and should be prayerfully considered as it applies to your circumstances. **Remember the Prayer and Fasting Schedule is a guide. You choose, in prayer, the type of fast you will pursue.**

- February 26, 2020 Adoration**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Seek the Lord in prayer and trust Him to provide guidance as you begin this time of fasting and prayer. Recognize that God is a faithful Promise-Keeper.
 Jeremiah 33:3
- February 27, 2020 – Confessions – Ask God for Forgiveness**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
 Ask for forgiveness
 Confess your sins before the Lord and ask for His forgiveness.
 Read Isa 59:1-2; 1 Cor 15:3; 1 John 1:9; 1 Joh 2:12
- February 28, 2020 – Supplications – Make your Requests Known to God by praying for others, then pray for yourself**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
 Pray for our Leader
 Pray for the Pastor & his family to remain steadfast for the Lord; and pray for their protection.
 Acts 20:28; 2 Tim 4:1-4
- February 29, 2020 – Thanksgiving – Thank God for What He has Done, Is Doing, and Going to Do**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
 Prayer of Thanksgiving
 Give thanks to God for you being a new creation by the renewing of your mind. Thus, reconciling us to Him through Christ being our redeemer.
 Read 2 Cor 5:17-19; Eph 2:11-16
- March 1, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Illuminating the Mystery of MORE
 Eph. 1:3
- March 2, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Chosen
 Eph. 1:4
- March 3, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Enlightened
 Eph. 1:16-19
- March 4, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Adopted
 Eph. 1:5
- March 5, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Filled
 Eph. 1:22-23
- March 6, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Begin to change the way you think about God and see Him everywhere you live, work, learn and play.
 Eph. 1:3
- March 7, 2019**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – How obsessed with Jesus are you?
 Eph. 1:3
- March 8, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Dead
 Eph. 2:1-3
- March 9, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Saved
 Eph. 2:8-9
- March 10, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
All Access
 Eph. 2:17-18
- March 11, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Sacrifice
 Eph. 2:13
- March 12, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
United
 Eph. 2:14-16
- March 13, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Take the time to investigate and discover the unique ways in which God has designed you.
 Eph. 2:10
- March 14, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – What do you think God is calling you to do with your gifts?
 Eph. 2:10
- March 15, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Prisoner of Jesus
 Eph. 3:1-2
- March 16, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Called
 Eph. 3:7
- March 17, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Created
 Eph. 3:8-11
- March 18, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Boundless
 Eph. 3:14-19
- March 19, 2020**
Choose your fast
 (6am – 6pm; Omit 1 meal; Daniel Fast)
Unimaginable
 Eph. 3:20-21

- March 20, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Ensure that your service and leadership are motivated by your love for God and people.
Eph. 3:16-19
- March 21, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – What shifts do you need to make to serve from love rather than obligation?
Eph. 3:16-19
- March 22, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Reconciled
Eph. 4:1-3
- March 23, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Served
Eph. 4:4-6
- March 24, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Gifted
Eph. 4:7-8
- March 25, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Renewed
Eph. 4:20-24
- March 26, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Attached
Eph. 4:11-13
- March 27, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Get rid of the junk that hinders your service and get serious about discovering and using your spiritual gifts.
Eph 4:1
- March 28, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – You have been gifted by God! List one or two of your spiritual gifts.
Eph. 4:14-16
- March 29, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Fragrance
Eph. 5:1-2
- March 30, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Worthless
Eph. 5:6
- March 31, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Living Light
Eph. 5:8-10
- April 1, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Everyday Missionary
Eph. 5:14
- April 2, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Ordained
Eph. 5:14-17
- April 3, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Identify and begin working in your mission field. Your mission field exists where you live, work, learn, and play.
Eph. 5:8-10
- April 4, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – What shift could you make to engage more fully in your mission field?
Eph. 5:8-10
- April 5, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Strengthened
Eph. 6:10
- April 6, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Armed
Eph. 6:11
- April 7, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Empowered
Eph. 6:12
- April 8, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Dressed and Ready
Eph. 6:13-17
- April 9, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
On Alert
Eph. 6:18-20
- April 10, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – Recognize that you have a powerful enemy and get prepared for battle!
Eph. 6:10-17
- April 11, 2020**
Choose your fast
(6am – 6pm; Omit 1 meal; Daniel Fast)
Shift Work – How battle ready are you? What shifts do you need to make to prepare?
Eph. 6:10-17
- April 12, 2020**
Close your time of fasting and prayer with thanksgiving for the Lord being the Rock of our salvation!
Ps 95:1-6; Matt. 28:6; 1 Peter 1:3; 1 Cor. 15:4

RESOURCES

To assist you during our time of prayer and fasting

- The Essentials of Effective Prayer by Kay Arthur, David & B.J. Lawson
- Key Principles of Biblical Fasting by Kay Arthur & Pete De Lacy
- Disciple's Prayer Life: Walking in Fellowship with God by T.W. Hunt
- Face to Face: Praying the Scriptures for Intimate Worship by Kenneth Boa
- Face to Face: Praying the Scriptures for Spiritual Growth by Kenneth Boa

Kristen Feola – Daniel Fast Recipes
<http://www.ultimatedanielfast.com>

Foods to INCLUDE in your diet during The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to AVOID on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavourings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.